



Readiness thru Health

U.S. Army Center for Health Promotion and Preventive Medicine

The Sentinel

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(Article on page 7)



May 28, 2001

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Commander...Brig. Gen. Lester Martinez-Lopez

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Commentary

International Team Work

By: LTC Roxanne Baumgartner

Photos by: Mark Johnson and LTC Roxanne Baumgartner

Under the Cooperative Threat Reduction program, both the U.S. and the Russian governments have committed to destroying their stockpiles of chemical weapons. There are greater than 32,000 tons of organophosphate chemical warfare agents currently stored in Russia. Since 1997, CHPPM's Directorate of Toxicology has supported the efforts of the Russian Federation in evaluating the toxicity of end-products resulting from the Russian two-stage chemical agent destruction process.

CHPPM DTOX provided technical assistance to scientists at two Russian facilities, the Scientific Research Institute of Hygiene, Occupational Pathology and Human Ecology also known as RIHOPE in St. Petersburg, and GOSNIIOKhT, Moscow. A team of key researchers from CHPPM DTOX made several trips to both St. Petersburg and to Moscow. These trips were to coordinate research and share results from their parallel studies. LTC Roxanne Baumgartner, LTC David Young, and Dr.'s Leslie Chaney and Glenn Leach coordinated CHPPM's overall role. Dr.'s Mark Johnson and Laurie Roszell coordinated the immunology work. Mr. Richard Angerhofer coordinated the developmental and reproductive assays, and Dr. Michael Major was consulted regarding the chemistry of the demilitarized products. In addition, Ms. Robyn Lee assisted in interpreting the statistical analyses of the results.



LTC Roxanne Baumgartner and Ms. Robyn Lee at the dacha.



LTC David Young and Dr. Andrei Radilov (Deputy Director in Charge of Research at RIHOPE) at the dacha in St. Petersburg, Russia.

DTOX scientists collaborated with their Russian counterparts in toxicological study design, execution and analyses. There was some concern that leaching of material from stored end-products could potentially contaminate water sources, soil, and air, impacting the environment. Favorable toxicological results from these studies allowed the end-products to be classified as low-hazardous substances, suggesting the potential for disposal as a low hazard industrial waste. Further studies are necessary to determine the suitability of the end-products for industrial use.

In their off-duty time, the team visited Moscow, Red Square and the local market. In St. Petersburg, the team also visited the Summer Palace, the Cathedral of Peter and Paul, and the Hermitage. At the conclusion of three of the meetings between the Russian researchers and the CHPPM team held in St. Petersburg, the Russians invited the CHPPM team to their dacha for a celebration. A dacha is a summer cottage the locals retreat to during the warmer months. The team was treated to a fire-roasted shish-kebob outdoor gala, where the group traded toasts to their continued success and future collaboration.

Military News

DEPARTURES

SSG Kyle Anderson, CHPPM-PAC
COL Catherine Bonnefil, DHPW
SGT Anthony Elmore, DLS
CW3 Joey Goldsmith, DCSOPS
LTC Joan Lyon, DHPW
COL Randy Perry, DCSOPS
CPT Raven Reitstetter, DLS
CPT(P) Steve Richards, DCSOPS
LTC Rodger Rudolph, DCSOPS
SPC Amy Smith, OCO

PROMOTIONS

CPT Cheryl Cameron, to MAJ
LTC Richard Kramp, to COL

AWARDS

Defense Meritorious Service Medal
LTC Mark Melanson, DOHS
CPT Raven Reitstetter, DLS
LTC Rudolph, Rodger, DCSOPS
LTC Paul Smith, DCPM

Navy & Air Force Commendation Medals and
MOVS
LT Cody Wilson,

Army Expert Field Medical Badge
2LT David Brixius, CHPPM-PAC
SPC Kevin McElvancy, CHPPM-PAC

Army Achievement Medal
LTC Robert Buckingham, DCPM
CPT Jamie Bulken-Hoover, DEHE
MAJ Michael Clemenshaw, OCO
SGT David Guerra, DCSOPS
LCDR Kenneth Whitwell, DCPM

Distinguished Alumnus Awards – Ferris State
University
LTC Robert Buckingham, DCPM

Army Commendation Medal
CPT Michael Desena, DOHS
SPC Clark Dutterer, DOHS
SGT Anthony Elmore, DLS
SGT David Guerra, DCSOPS
SSG Christina Hays – (2 ARCOMs), DLS
SGT Jason Hendershot, DOHS
COL Randy Perry, DCSOPS
LTC Bruno Petruccelli, DOHS
CPT John Peyton, DEHE
CPT Barbara Robinson, CHPPM-North

Calendar of Events

July	
4	Fourth of July
20	Hail and Farewell
August	
26	APG Federal Women's Program "Women's Equality Day"
26-30	Force Health Protection Conference
October	
20	CHPPM's Anniversary Ball

Civilian News

ARRIVALS

Jimmy Billups, DLS
Mary R. Bourque, DEDS
Diana Lynn Brewer, DOHS
Thomas Kollars Jr., DOHS
Eileen Resta, DCPM

DEPARTURES

Jane Davis, DCSIM
Steve Norman, DLS
Richard Sullivan, DLS

AWARDS

AMEDD Information Management
Certificate
Blaine Plummer, DCSIM

Achievement Medal for Civilian Service
Tom Burroughs, ESP

QSI Awards
David Alberth, DOHS
Christopher Carroll, DOHS
Donna Kutchey, DEHE
Todd Richards, DEHE
Catherine Stewart, DEHE

Outstanding Service Award for
Environmental Assessment at Ft. Belvoir
Shahid Haque, DOHS
Vickie Hawkins, DOHS
Ralph Rogers, DOHS

Quality Achievement Award (BSC)
David Davis, DCSIM
Donna Doganiero, DOHS
Scott Paris, DCSRM
David Reed, SIO
Coleen Weese, DCPM

Winning Spirit Award (School Volunteers)
Bonnie Burello, DOHS
Carlla Jones, DHPW
Lisa Laurie, DCSRM
Mark Moscato, DOHS
George Murnyak, DOHS
Jeffrey Pfoutz, DOHS

Certificate of Appreciation (520th TAML)
Lovetta Britton, Protocol
Evelyn Riley, PAO

Congratulations to CHPPM's most recent QSI Winners....

By: Linda D. Patrick

David Alberth, master consultant, Health Physics Program, Directorate of Occupational Health Sciences. Alberth is officially commended for exemplary performance on his effort to complete the pioneering health risk characterization for Persian Gulf War veterans potentially exposed to depleted uranium during Operation Desert Storm for the Special Assistant for Gulf War Illnesses.

Christopher Carroll, industrial hygienist, Directorate of Occupational Health Sciences. Carroll is commended for consistently providing technical reviews and comments on highly technical and controversial documents and reports. His thorough reviews of subjects withstood strong scientific scrutiny with exceptional results.

Donna Kutchey, secretary, Ground Water And Solid Waste Program, Directorate of Environmental Health Engineering. Kutchey's dependability, initiative, and volunteerism have clearly reflected great credit upon herself and this entire organization.

Catherine Stewart, geographer, Environmental Noise Program, Directorate of Environmental Health Engineering. Stewart is commended for her professionalism in coordinating GIS support, co-hosting a Defense User Group GIS meeting and reorganizing and improving the Installation

Environmental Noise Management Plan template and developing new material for environmental noise workshops.

Todd Richards, supervisory environmental engineer, Water Supply Management Program, Directorate of Environmental Health Engineering. Richards is commended for his exemplary performance in executing the Army's water mission and ensuring safe drinking water for our soldiers and support personnel worldwide.



l to r: David P. Alberth, Christopher Carroll, Donna J. Kutchey, Catherine M. Stewart, and Todd E. Richards.

1901 – TRANSFORMING THE ARMY – 2001

By: Evelyn B. Riley

On June 14, the Army celebrated its 226th birthday. All CHPPM soldiers were issued the black beret and participated in the Army Birthday Review and Transformation Ceremony held at APG. Maj. Gen. John C. Doesburg, Commander of APG and the U.S. Army Soldier and Biological Chemical Command, led a four-general review of troops accompanied by Maj. Gen. Mitchell H. Stevenson, Chief of Ordnance and Commander, U.S. Army Ordnance Center and School; Brig. Gen. Dean R. Ertwine, Commander, U.S. Army Developmental Test Command; and Brig. Gen. Lester Martinez-Lopez, Commander, CHPPM. Col. Edward W. Newing, Chief of Staff, SBCCOM, was the commander of troops.

On October 17, 2000, Chief of Staff, Gen Eric K. Shinseki, announced the decision to have all soldiers wear the black beret. He said, "...the black beret will be symbolic of our commitment to transform this magnificent Army into a new force – a strategically responsive force for the 21st century. It will be a symbol of unity, a symbol of Army excellence, a symbol of our values. When we wear the black beret, it will say that we, the soldiers of the world's best Army, are committed to making ourselves even better."

Brig. Gen. Martinez-Lopez said, "The black beret reminds me of my commitment to be a proud and ready soldier, and also of my commitment to be part of the Army Transformation, so we can defend America against all enemies well into the future."

SMA Jack L. Tilley made the following comments on the beret: "Army Chief of Staff Gen Eric K. Shinseki has told us the black beret will be a symbol of our excellence as the Army transforms itself in the coming years. It will also signify our collective drive to guard America's freedom and promote peace in a turbulent world. Though we are confident of our skills and have no doubts about our commitment, the beret should be considered an emblem of our united strength. I hope each of us will look upon the beret as a symbol of our status as the finest, most elite fighting force in the history of the world, and of our collective commitment to ensuring that remains true for another 200 years."

The black beret was worn in the past by armor, cavalry, and Ranger units as well as opposing military forces. The black beret now represents our forces as we Transform into one force – The Objective Force.

The APG ceremony ended with the entire battalion singing a chorus of the Army Song. The 389th Army Band (AMC's Own), commanded by CWO Jerry L. Standridge, provided the music.

The editor of this publication would like to thank Ms. Linda Dubree and 1LT Scott Vice for allowing their photographs to be used on the cover.

CHPPM salutes Silver as Secretary of the Year

By: Linda D. Patrick

Infectious, flawless, exceptional, and professional, are just a few of the words used by Brig. Gen. Martinez-Lopez to describe CHPPM's Secretary of the Year, Ms. Janet Silver. Silver, secretary for Toxicity Evaluation Program, Directorate of Toxicology, was selected as CHPPM's Secretary of the Year in a ceremony on April 25, National Professional Secretary's Day.

Silver was awarded the Secretary of the Year Award while performing the duties of Secretary, TEP. Silver willingly accepted and facilitated the Consideration of Others training for the Directorate while continuing to serve as the secretary for the TEP. This exceptional workload was professionally handled with no loss of efficiency in any of the Directorate's functions. Ms. Silver's achievements are a credit to herself and the Federal Civil Service.

She won a \$250 cash award, an 8-hour time off award, and a certificate of recognition. Silver has been with CHPPM since 1989.

While not selected, the following secretaries were honored by being nominated and recognized by Brig. Gen. Martinez-Lopez as "symbols of excellence" and "a critical part of the CHPPM team": Tammy Budkey, Directorate of Occupational Health Sciences and Mildred Martin, Directorate of Laboratory Sciences.



Janet Silver, CHPPM's Secretary of the Year is recognized by Brig. Gen. Martinez-Lopez.

HAUSCHILD RECEIVES CHPPM'S PRESTIGIOUS LOVELL AWARD

By: Evelyn B. Riley

Ms. Veronique D. Hauschild, environmental scientist, Deployment Environmental Surveillance Program, received the 2000 Joseph Lovell award on May 18. She is the 22nd recipient of this award, unique to the U.S. Army Center for Health Promotion and Preventive Medicine.

Named in honor of the first Army Surgeon General, a vigorous supporter of preventive medicine, the award is presented annually to a civilian or military scientist, engineer, health professional, or technician who has demonstrated exceptional initiative, creativity, innovative ability, and professional excellence in his or her occupational field.

Hauschild joined the U.S. Army Environmental Hygiene Agency as a junior environmental scientist, serving as project officer and manager for numerous, complex, important, and highly visible projects. She initially served as a project officer in the Hazardous and Medical Waste Program, and then later served in the Environmental Health Risk Assessment Program. She was assigned to oversee the development of chronic oral toxicity values for military chemical agents by a multidisciplinary team, which was reviewed by the National Research Council's Committee on Toxicology. These toxicity standards were officially published by the Army Medical Department in February 2000.

She led a team that developed short-term chemical exposure guidelines for use during military deployments. Technical Guide 230A, Short-Term Chemical Exposure Guidelines for Deployed Military Personnel, filled an important gap in the AMEDD's ability to provide advice to commanders on the risks posed by occupational and environmental hazards during deployments. It received wide acclaim from users throughout the Department of Defense and has been recommended as the primary reference by the Joint Staff.

Hauschild served on a DOD workgroup to develop the DOD Strategy to Address Low-Level Chemical Warfare Agent Exposures. She also led an evaluation of the Airborne Exposure Limits for Occupational and General Population Exposures to G Agents, VX, and Sulfur Mustard that was completed in November 2000. Serving as an ad-hoc member of a multi-agency workgroup, she facilitated the development and publication of Acute Exposure Guideline Levels for Chemical Warfare Agents. Her efforts and accomplishments were recognized as part of a recent Vice Presidential National Performance Review Award (i.e., Hammer Award). She continued the development of deployment exposure guidelines with the draft publication of CHPPM Technical Guide 230B, Long-Term Chemical Exposure Guidelines for Deployed Military Personnel.

Hauschild possesses exceptional abilities in communicating complex health issues to a variety of audiences. Her dedication and focus while working on multiple competing projects and persistence in the face of organizational opposition to innovative approaches is truly remarkable.

Brig. Gen. Lester Martinez-Lopez, Commander, CHPPM, introduced the keynote speaker, Mr. Raymond J. Fatz, Deputy Assistant Secretary of the Army for Environment, Safety and Occupational Health, Office of the Assistant Secretary of the Army (Installations and Environment) at the ceremony.

Hauschild lives in Belcamp, Maryland, with her two dogs, three cats, and chinchilla. She enjoys running, racquetball, dancing, and working at her part-time job as a technician at the Harford Emergency Veterinary Service in Bel Air, Maryland.



ARMY ENVIRONMENTAL SCIENTISTS WIN WHITE HOUSE AWARD

By: Evelyn B. Riley

A visit to the White House is an exciting event. Just ask two employees of the Ground Water and Solid Waste Program, who were invited to a ceremony, held on June 12. Ms. Pat Rippey and Ms. Beth Martin, both Environmental Scientists, won a 2001 White House Closing the Circle Award. They were winners in the Education and Outreach category for services they provided in the areas of recycling, pollution prevention, and affirmative procurement. Mr. John Howard, Jr., the Associate Director of the White House Council on Environmental Quality, along with Department of Defense dignitaries, presented the award.

As a job-sharing team, Rippey and Martin provide technical services to Army installations worldwide in the areas of solid waste management, environmental compliance, and environmental contamination. Over the past 18 months, they have devoted a substantial amount of time to providing training seminars to Army bases on a mandatory program that requires Federal purchases to include items made with recycled materials. This "buy recycled" program is called Affirmative Procurement. They developed a training seminar to teach Federal employees about the requirements and how to implement an Affirmative Procurement Program. In January 2000, they began traveling to DOD facilities to teach the class and have conducted 25 seminars to date. This effort, along with other training tools and information provided through their web site, was the basis for their nomination for the White House Award.

In addition to the Affirmative Procurement seminar, the team has authored Integrated Solid Waste Management Plans for 8 Army installations and 12 Pollution Prevention Plans. Martin developed the proposal for a recycling program that resulted in the diversion of 1,640 tons of waste from the landfill and revenue of \$90,000, annually. Rippey recommended recovery of building materials providing \$20,000 in cost savings and diverting 178 tons of debris from the landfill for a single demolition project. Applying this procedure for 13 other buildings slated for demolition will save the installation \$260,000 and divert 2,314 tons of waste from disposal. These are just a few examples of the benefits, both economic and environmental, that the Army has gained from their expertise. Their hard work and dedication to the Army and the environment were recognized at the national level when they received the White House award.



(l to r) Ms. Pat Rippey and Ms. Beth Martin provide services in the areas of recycling, pollution prevention, and affirmative procurement.



(l to r) Ms. Pat Rippey, Mr. John Bauer (Supervisor), and Ms. Beth Martin display the White House Award.

Martin lives in Pylesville, Maryland, with her husband - Sam, son - Ryan (16), and daughter - Rachel (14). Rippey lives in Parkville, Maryland, with her daughters Megan (15) and Colleen (13).

520th TAML GETS NEW COMMANDER

By: Evelyn B. Riley

The 520th Theater Army Medical Laboratory got a new commander during a ceremony held at the McBride Parade Field on June 12, Aberdeen Proving Ground, Maryland.

Col. Ronald L. Shippee replaces Col. Clyde B. Hoskins as Commander of the TAML. The TAML, on order, deploys worldwide and conducts theater-level health threat surveillance to protect and sustain the health of the force. They are prepared to conduct split-based operations.

Shippee comes here from the U.S. Army Forensic Toxicology Drug Testing Laboratory, Fort George G. Meade, Maryland, where he was the Commander. He is a graduate of the Infantry Officer Advanced Course, the AMEDD Officer Advanced Course, and the U.S. Army Command and General Staff College. He holds a B.S. degree in Economics and M.S. and Ph.D. in Nutritional Biochemistry.

Col. C. William Fox, Jr., Commander, 44th Medical Brigade, Fort Bragg, North Carolina, participated in the ceremony. He said, "The TAML is a one-of-a-kind unique organization that provides our Army a critical capability that is needed today more than ever, not just for the wartime deployments but for all of the other missions that our nation requires soldiers to serve on the ground. The daily news

reminds us that our world is filled with nations, nation states, and radical groups who are capable of utilizing a wide variety of biological or chemical weapons and the environment we can deploy soldiers into can also be just as threatening with toxic chemicals, pollution, and infectious disease threats. The TAML provides our deployed forces the ability to rapidly identify these threats and offer counter measures. Through their technical skills, leveraging state-of-the-art technology, and training to ensure that they can connect to the foundation of our medical research, they can identify and reduce these threats to our deployed forces ensuring the safety of our soldiers and the success of the mission."

As the new commander, Shippee said, "My job over the next 2 years is very clear. First, ensure that the high standard already in place continues to be the norm – quick to react during deployment, and a high level of individual soldier performance and readiness. Second, ensure that the TAML is armed with the best state-of-the-art detection, verification, and identification methodologies available."

Hoskins has been the commander for the past 2 years. His next assignment is as the Chief of Staff for the Veterinary Command in San Antonio, Texas.



(l to r) Col. Ronald L. Shippee accepts the 520th Theater Army Medical Laboratory flag from 44th Medical Brigade Commander, Col. (P) C. William Fox, Jr.

CHPPM-SOUTH CONDUCTS ASSUMPTION OF COMMAND

By: Evelyn B. Riley

After nearly 2½ years of successful command, LTC(P) Lipnick, CHPPM-South commander from February 9, 1999 to June 15, 2001, passed the Unit Colors to MAJ Van Sherwood in an Assumption of Command ceremony presided over by Brig. Gen. Lester Martinez-Lopez. Notable attendees included the Fort McPherson Garrison Commander and Command Sergeant Major, CHPPM Sergeant Major, and senior AMEDD personnel from the post and surrounding community. Following the ceremony and reception, Brig. Gen. Martinez-Lopez held a Town Hall Meeting with the soldiers and civilians of CHPPM-South, addressing issues from the increasing role of CHPPM in health care to the value of Command Information Management System timekeeping and Balanced Scorecard philosophy.



CHPPM-West's Commander moves on

By: Sue Scott
Secretary, CHPPM-West

On Wednesday, June 13, with Brig. Gen. Martinez-Lopez presiding, LTC John Ciesla relinquished command of CHPPM-West, Fort Lewis, Washington, to LTC Thomas Little. Little is the former Deputy for Technical Services, CHPPM-Pacific, Camp Zama, Japan. Ciesla, who has served as commander of CHPPM-West since March 5, 1999, will remain in Fort Lewis; his new assignment is with the I Corps Surgeon's Office.



LTC Ciesla relinquishes command.



LTC Little accepts command of CHPPM-West.

CHPPM FTX

By: CPT Jamie Bulken-Hoover

CHPPM's annual Field Training Exercise was held June 5-8 at the Maryland National Guard Lauderick Creek and Gunpowder training sites. CHPPM soldiers focused on learning basic soldiering skills and building teamwork and unit esprit de corps. It is one week out of the year that CHPPM soldiers have the opportunity to get out of the office and train as a unit. Events included an M-9 qualification range, land navigation; four station round-robin training, platoon paintball operations, water survival, and a BBQ to conclude the weeks training. "The FTX was outstanding! It brought soldiers together to have fun and fostered the spirit of teamwork all week," stated SGT David Guerra.



Soldiers were required to utilize the EMT, radio communication, defensive position, and individual movement technique skills they learned in the round-robin training to successfully conduct the platoon operation missions. The platoons were pitted against one another to try and capture the opposing team's flag. As the paint started whizzing through the air, CHPPM soldiers gained a new respect and appreciation for their combat arms comrades. While neither platoon successfully captured the enemy flag, all enjoyed the thrill and excitement of this team-building event. According to LTC Mark Melanson, "I have not had that much fun being a soldier in TOO LONG. Needless to say the platoon on platoon exercise was the best part."

Junior soldiers were given the opportunity to serve in

leadership positions throughout the week, allowing them to shine in front of their fellow soldiers. All who participated did an outstanding job! "The chain of command provided great leadership; the instructors were knowledgeable, creative, and enthusiastic; and the cadre worked very hard to coordinate all of the events with the support of local units. We came together as a team and I believe the soldiers got a lot out of the training," explained CPT Jamie Bulken-Hoover, the FTX officer in charge.



(more photos on back cover)

Hail and Farewell

CHPPM MUSICAL SHOWCASE

By: Evelyn B. Riley

It was lunchtime as music drifted down the front hall of building 1930. The barbershop quartet was practicing for the CHPPM Musical Showcase for the Hail and Farewell held to welcome newcomers and pay respect to those leaving for new assignments. The Directorates of Toxicology and Epidemiology and Disease Surveillance co-sponsored the event held on April 19 at the Gunpowder Club. Approximately 118 attendees enjoyed pizzas and munchies.

New arrivals were SPC Jan Williams (DLS); Dr. Marianne Cloeren and Dr. Vivian Rush (DCPM); Mr. Christopher Salice and Dr. Daniela Stricklin (DTOX); and SFC Manuela Perez (HHC). The departees were: SPC Amy Smith (OCO); LTC Al Sheaffer (DEHE); LTC Alan Blatterman and Lt Col Bob Buckingham (DCPM); and CW3 Joe Goldsmith (DCSOPS).

This was a first for those in CHPPM to display their musical talent. MAJ Tamra Barker, Chairperson, said, "It was a lot of fun. A few of us on the organizing committee either played instruments ourselves or knew of other CHPPM personnel with hidden musical talents. The organizing committee came up with the idea of capitalizing on the musical strengths within CHPPM to provide a musical showcase entertainment piece for the traditional Hail and Farewell event. When we put the word out requesting musician participation, even more people came out of the woodwork with talent than we knew existed. Ensemble groups evolved across directorate and building boundaries, all groups put forth a lot of time and effort with music selection and rehearsal, and everyone seemed to be truly enjoying themselves as either audience members or musicians."

Irene Richardson (lead), Mary F. Gray (bass), and Marilyn A. Swantkowski (baritone), all CHPPM employees, were accompanied by Beth Rupert (tenor), in the Women's Barbershop Quartet. They sang The Snow Song, One Fine Day, and The Lord Bless You and Keep You. They belong to the Upper Chesapeake Chorus of Sweet Adeline International, which will be performing at the summer concerts in Bel Air, Aberdeen, Chesapeake City, etc. Gray said, "When they wanted talent we decided to sing, calling ourselves Command Performance. We will sing for any occasion, as we love to sing. We are looking for a CHPPM tenor that could join the quartet and then we could perform at CHPPM functions such as the Christmas party and picnic."

The male barbershop quartet consisted of LTC Bruno P. Petrucci, Mr. Mike Waltermeyer, CPT Scott H. Newkirk, and LTC Loren Erickson. LTC Erickson said, "The hardest part for us was finding four men at CHPPM with experience singing, who would be willing to perform before their friends and colleagues. Once we got past this barrier we honestly had a lot of fun practicing and preparing for the hail and farewell. There's something uniquely American and pleasing about the close harmonies of barbershop quartet music. I sincerely hope that we get to sing again sometime in the future at another CHPPM function."

SPC Amy Smith and SPC Dixie Albro, outgoing and incoming drivers for General Martinez-Lopez, surprised the General and his wife with a vocal duet of the General's favorite Irish song, The Spanish Lady.

A Celtic group, consisting of LTC Roxanne Baumgartner (fiddle), MAJ Tamra L. Barker (violin), Mr. Arthur E. Asaki (bodhran), Dr. Mark S. Johnson (guitar), SGT Diane M. Ormesher (flute), Dr. Laurie E. Roszell (Celtic harp), and Mr. Chris Salice (guitar), played a set of Scottish tunes. LTC Baumgartner said, "This event showed CHPPM matrixing at its best! It really was a blast!"

Special thanks to all of the musicians and additional organizing committee members who worked so well together to put on this fabulous event:

DEDS: Musicians - LTC Loren Erickson, MAJ Tamra Barker
Non-Musicians - Dr. Ned Hoedebecke, Ms. Kelley Mann

DTOX: Musicians - LTC Roxanne Baumgartner, Dr. Laurie Roszell, Mr. Christopher Salice
Non-Musicians - Dr. Michael Major, Ms. Deborah Odom, Ms. Janet Silver, Mr. John Houpt, Mr. Herb Snodgrass

All had a good time and now know the hidden special talent among our co-workers.



The Celtic Group

(l to r) LTC Roxanne Baumgartner, SGT Diane M. Ormesher, MAJ Tamra L. Barker, Dr. Laurie E. Roszell, Dr. Mark S. Johnson, Mr. Arthur E. Asaki, and Mr. Chris Salice



Barbershop Quartet

(l to r) LTC Bruno P. Petruccelli, Mr. Mike Waltermeyer, CPT Scott H. Newkirk, and LTC Lorin Erickson



Sweet Adeline Group

(l to r) Ms. Beth Rupert, Ms. Irene Richardson, Ms. Mary F. Gray, and Ms. Marilyn A. Swantkowski

ASIAN PACIFIC HERITAGE OBSERVANCE

By: Evelyn B. Riley

Photos by: Carolyn W. Colburn



Ms. Patricia Cowin demonstrates making sushi.

On May 7th, President George W. Bush proclaimed May as Asian-Pacific Heritage Month. He called upon the people of the United States to learn more about the contributions and history of Asian-Pacific Americans and to celebrate the role they have played in our national story. The U.S. Army Center for Health Promotion and Preventive Medicine hosted its first Asian Pacific Heritage Month Observance Event on May 31st. There was something familiar, something peculiar, and something for everyone! Mementos from various countries and photos showing history, experiences, and notable Asian-Pacific Americans decorated the room. Mr. Stephen Kistner, Deputy for Technical Services, CHPPM, presented coins to the participants.

Mr. Terrence Lee, Master of Ceremony and coordinator for the event, wanted an event to entertain, enrich, and educate the attendees. "I'm glad we were able to present small slices of culture from the diverse Asian Pacific region," said Lee. He also provided the Asian American History Posters, a Chinese Scroll, two Indonesian Batiks, and Posters and Handouts of Profiles of Famous Asian Americans.

Ms. Cindy Orwig, Disease and Injury Control Policy Program, had a display on Hawaii, which included hand-made Hawaiian quilted pillows and pot holders, uli uli, (gourd rattles) used when dancing hula, a wooden bowl, and a bracelet made of Koa wood, a rare tree in Hawaii. She wore the traditional Hawaiian hand-carved heirloom jewelry. She also presented her beautiful 6-year old daughter Leinani Ke-'ala Amorin, a student at Prospect Mill Elementary School, Bel Air, who demonstrated the hula. Her given Hawaiian name, Leinani Ke-'ala, means the fragrant beautiful necklace of flowers. Leinani demonstrated the old style hula called hula kahiko. The hula evolved as a means of worship, later becoming a forum for telling a story with chants, hands, and body movement. Orwig said, "This program gave us insight on other cultures that we are unfamiliar with and more or less takes us back to their heritage. This event gives you a chance to taste food from other countries. The event was a first-hand experience to look at how they survived with what they had. It is essential to understand, accept and teach cultural heritage through communication".

Ms. Samatha Reddy, daughter of Dr. Gunda Reddy, Toxicology Directorate, did an Indian classical dance. She is in the tenth grade and attends Fallston High School. She has been learning Indian classical dance, Bharatha Natyam, for 8 years. This is believed to be one of the oldest forms of classical dance. It is a composite art, whose message is not merely to senses, but to the soul of the dancer and of the perceiver. Due to this, one could understand that Bharatha Natyam is an art that conveys spiritual expression. The complex art requires years of discipline, devotion, and dedication. The dance is combined in three aspects. Nritta (pure poetic motion without verbal connotation), Nrithya (abhinaya-expressional aspect-to convey gesture, mood and emotion to the audience), and Natya (combination of both). This is an art form calling for total experience of body, mind, and spirit.



Ms. Samatha Reddy, a student at Fallston High School, performs an Indian classical dance.

Mr. Pete Leon Guerrero, APG Directorate of Law Enforcement and Security, entertained everyone with a coconut demonstration taking us back to his childhood in Guam where coconuts are a way of life. Everyone stared in awe as he conducted his coconut demonstration and had visiting VIPs participate. Afterwards attendees dined on coconut cookies and candy.

Ms. Nikki Jordan, Disease and Injury Control Policy Program, displayed the following articles from Mongolia: traditional clothing (silk dress, male and female hats), painted wooden figurines (men, women, and children in traditional garments), original art (two small paintings), camel hair blanket, tapes of traditional and contemporary music, and a replica of a Morin Khuur (horse-headed violin - an instrument with a wooden horse's head at the top and strings made of horse hair).

Ms. Patricia Cowin, Industrial Hygiene and Medical Safety Management Program, demonstrated how to make sushi. She said, "There is a common misconception that sushi is raw fish. While some sushi may contain raw fish, the word sushi simply means vinegared rice. Sushi therefore can contain whatever ingredients suit your palate. As presentation is very important in Japanese culture, the appearance of the food is as important as the taste so color should be taken into consideration when choosing the ingredients. Tradition also dictates that an odd number of ingredients be used when making the sushi roll." Her demonstration showed how to make a sushi roll after which

attendees were able to try their hand at making a sushi roll using ingredients of their choice.

Mr. Tom Smith, Occupational and Environmental Medicine Program, provided a display entitled, A Taste of Korea. It included a bowl of Bi Bim Bap (rice, snow peas, bean sprouts, red cabbage, shredded carrots, and chicken). The display was a variety of Korean Art. It included paintings on cork, parchment, and rice paper. His display consisted of a vase of fresh peonies and five-foot tall stalks of bamboo and a variety of celadon (porcelain) vases, and lastly, authentic Korean jewelry.

Mr. Romeo J. Gallamoza, Radiofrequency/Ultrasound Program, prepared 80 Filipino-style egg rolls filled with ground beef and pork, green beans, carrots, and bean sprouts. He brought two books, *Strangers from a Different Shore: A History of Asian Americans* and *In Our Image: America's Empire in the Philippines*. He also showed very old family photos taken in the Philippines, a shirt with a map, and a decorative wall ornament made with shells.

Attendees enjoyed tasting the various foods representing the different countries. The menu consisted of Japanese Horseradish Peas, Shrimp Chips - popular in South-East Asia, Japanese Rice Cracker Snack Mix, Japanese Rice Crackers with Seaweed, Japanese Seaweed Snack (Nori) - Eat Plain or with Rice or use to Flavor Soup, Korean Brown Rice Drink - Breakfast Drink, Lychees (Fruit Popular in China), Grass Jelly (Used as a Dessert in Taiwan), Lumpia - Filipino Egg Rolls (from Mr. Gallamoza), SPAM - aka Hawaiian Steak (from MAJ Myrna Callison), Sushi - from Ms. Cowin, and Coconut Products - from Mr. Pete Leon Guerrero.



Ms. Leinani Keala Amorin, 6 year old student at Prospect Mill School, dances the hula.

Alumnus Award



The Ferris State University Distinguished Alumnus Award was recently bestowed on Lt Col Robert S. Buckingham for demonstrating leadership and service to his profession, community, service organizations, and alma mater. Buckingham is the 145th recipient from over 85,000 graduates.

For the past 20 years, Buckingham has put his optometry degree to work for our country through his service in the U.S. Air Force. Currently stationed at Aberdeen Proving Ground, Maryland, he is the Air Force liaison to the Tri-Service Vision Conservation and Readiness Program and is the past program manager of the Defense Vision Information System.

A talented optometrist and dedicated officer, Buckingham also served the United States as the principal investigator for the Department of Defense's Vision Health Readiness and Small Arms Firing Range Studies, chief editor of the Air Force Optometry Handbook and Webmaster of the Air Force Optometry homepage. Buckingham was the Armed Forces optometric Society's Optometrist of the Year for 2000 and has received countless other awards and honors for his efforts.

In addition to a career that is, by its very nature, public service, Buckingham has poured his time, talents and energy into the communities where he has been stationed. An active community volunteer, he helped to coordinate the "Christmas in April" home-repair efforts for low-income, handicapped or elderly homeowners through his church. He has spent much of his personal time organizing Christmas parties, fundraisers, and regular visits to area orphanages while stationed at Osan Air Base in Korea. He has volunteered with the Special Olympics and March of Dimes, and has coached soccer, baseball and basketball through the youth center at Aberdeen Proving Ground.

While these accomplishments represent only a fraction of the time Buckingham has devoted to his country and his community, he also makes a significant impact on his alma mater. And although desiring to play more of a "hands-on, everyday" contribution, his unwavering annual support to the Michigan College of Optometry at Ferris State University sets an outstanding example for other alumni, and his passion and loyalty as a FSU alumnus are unmatched.

In recognition of two decades of dedicated service to our nation, his communities and Ferris State University, the FSU Alumni Association proudly named Buckingham a Distinguished Alumnus of 2001.

Local Physicians Honored

On April 23, 2001, Coleen B. Weese, MD, MPH, and LTC Richard W. Kramp, MD, were among 25 physicians selected for the 2001 Class of Fellows by the American College of Occupational and Environmental Medicine, ACOEM. The ACOEM recognized Dr. Weese and LTC Kramp at its 86th annual membership meeting in San Francisco during the American Occupational Health Conference, the world's largest meeting of occupational health professionals.

Dr. Weese is the program manager for Occupational and Environmental Medicine, U.S. Army Center for Health Promotion and Preventive Medicine, USACHPPM, Aberdeen Proving Ground, Maryland. She earned her medical degree from the University of Southern California School of Medicine, Los Angeles, in 1986, and her Master's in public health from Johns Hopkins School of Public Health, Baltimore, Maryland, in 1991. She is board certified in occupational medicine and public health and general preventive medicine, and is the past president of the Maryland College of Occupational and Environmental Medicine, a component of ACOEM.



LTC Richard W. Kramp, MD, is in the Medical Corps at USACHPPM. He earned his medical degree from the Uniformed Services University of the Health Sciences, Bethesda, Maryland, in 1983, and his Master's in public health from Johns Hopkins School of Public Health, Baltimore, Maryland, in 1992. He is board certified in occupational medicine and is the secretary of the Maryland College of Occupational and Environmental Medicine.

Fellow is the highest class of membership within ACOEM. The ACOEM recognize individuals who have been engaged in the practice of occupational medicine for a lengthy period of time, have attained a certain level of expertise within the specialty, and are certified by a medical specialty board accepted by the ACOEM Board of Directors.

ACOEM, an international society of more than 7,000 occupational and environmental medicine physicians, provides leadership to promote optimal health and safety of workers, workplaces, and the environment by the education of health professionals and the public; stimulating research; enhancing quality of practice; guiding public policy; and advancing the field of occupational and environmental medicine.

The Dark Side of Sunlight

By: Mr. Stephen P. Wengraitis

Every spring many individuals will receive painful sunburns that could be avoided. Sunburn not only can lead to lost-time injury, but can also lead to delayed health problems like skin cancer. Many forget (or are simply unaware) that one American dies of skin cancer every hour. New research also suggests that adverse effects on the immune system are possible from the ultraviolet radiation in sunlight. In recent studies in Holland, ultraviolet radiation exposure showed some suppression in the development of immunity after Hepatitis B vaccination. Further research is underway to study the adverse impact of solar exposure on individuals following vaccinations.

The risk for developing skin cancer and these other problems could be greatly reduced by paying serious attention to protecting the skin from excessive exposure to the ultraviolet rays (UVR) in sunlight. Proper clothing and less time spent outside during the most severe hours of exposure at midday can greatly reduce the risk. Army clothing is designed to optimize protection of exposed skin areas.

The Laser/Optical Radiation Program at the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM) has produced several informative documents to warn individuals on the risk of excessive exposure to sunlight. These include:

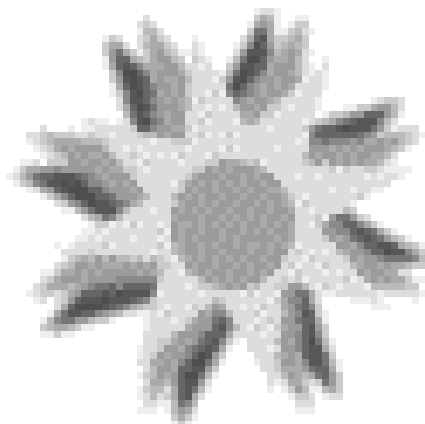
- **Sun Protection Poster.pdf** - A full-color poster, "Sun Protection – Questions and Facts for Soldiers," which may be printed on 8.5" x 11" paper, or inserted in documents and sized as needed. Specialized printers can print larger sizes.
 - **UV Business Card.doc** - A **two-sided** quick-reference card suitable for reproducing on Avery 5371 business card stock.
 - **UVR Protection Guidance.pps** - A full-color PowerPoint presentation that allows the user to browse information on UVR hazards and protection. The presentation includes a macro that the user may select to print the presentation; however, this macro must be enabled when the presentation is opened.
- 24" x 30" copies of the poster are available upon request. Also, all three documents are available on CD upon request. POC: Mr. Stephen Wengraitis at: Stephen.Wengraitis@apg.amedd.army.mil.

The files may also be individually downloaded from the Laser/Optical Radiation Program website at:

<http://chppm-www.apgea.army.mil/laser/Publications/Fact Sheets/Sun Protection Poster.pdf>

<http://chppm-www.apgea.army.mil/laser/Publications/Fact Sheets/UV Business Card.doc>

<http://chppm-www.apgea.army.mil/laser/Publications/Fact Sheets/UVR protection guidance.pps>





CHPPM Chili Cook Off

The infamous CHPPM Chili Cook Off was held on May 29. LTC Buckingham would like to thank all of you who participated. The winners in the 2001 CHPPM Chili Cook Off were:

Hot Category – Jackie Owens with “Opal’s Only”...a secret three-alarm recipe that has been passed down from generation to generation.

Medium Category – Sandy Cormack and Sue Rumbaugh “Sue made me do it”.

Mild Category – LTC Robert Buckingham with “Aim High Frito Pie”...a two-time champion in the mild category.

Psst...How are you at keeping secrets? This editor was able to get her hot little hands on “Opal’s Only” secret recipe here goes:

“Opal’s Only” Chili

10 cups (about 4-5 lbs) lean chuck roast, cut into 3/8” cubes
2 Tbsp minced garlic
10 Tbsps oil
3½ cups finely diced onions
1 (3 oz) bottle of chili powder
3½ Tbsps ground cumin
1 Tbsp oregano
1 Tbsp brown sugar
1½ tsp salt and pepper
1 (4 oz) can green chilies, finely chopped
1 (15 oz) can beef broth
1 (15 oz) can tomato sauce
1 tsp cayenne pepper
1 (12 oz) can beer or 1½ cups water



Sauté meat with half of garlic in 5 Tbsps oil until browned. Sauté onion separately with remaining garlic in remaining 5 Tbsps oil until tender but not browned. Add onions to meat, and then add chili powder, cumin, oregano, brown sugar, salt and pepper. Simmer 10 minutes; add green chilies, beef broth, tomato sauce, cayenne, and beer. Cover and simmer over low heat 1½ to 2½ hours until meat is very tender, but not mushy. Chili will be soupy at first, and then will thicken as it cooks. Uncover last half hour. Stir frequently and do not allow chili to stick to pot or become too thick. Add more beer (or water) if needed. Skim off any excess grease.

Makes 1 gallon (12-16 servings) Freezes well. (Thanks Jackie)



AAALAC International Site Visit Conducted At CHPPM

By: MAJ Newton H. Foster
Attending Veterinarian

The Association for the Assessment and Accreditation of Laboratory Animal Care International or AAALAC-International is a non-profit organization, which reviews animal care and use programs worldwide to identify best practices and suggest program improvements. AR 70-18 (The Use of Animals in DOD Programs) requires all animal care and use programs within DOD to seek AAALAC international accreditation. Other agencies in the area of Edgewood, which maintain this classification, are Edgewood Chemical and Biological Center and Medical Research Institute of Chemical Defense.

The triennial site visit to the animal care and use programs of CHPPM was conducted on May 24, 2001. The site visitors were recognized leaders in the field of animal welfare and animal research and testing. Dr. Leticia V. Medina, DVM (Ad Hoc member), Abbott Laboratories, accompanied Dr. Joseph R. Haywood, PhD, Professor Department of Pharmacology at the University of Texas Health Science Center at San Antonio (AAALAC council member) in this effort.

During the in brief, attended by Mr. Stephen Kistner, Deputy for Technical Services and designated institutional official, CHPPM key staff members were given instructions in the process of site visit and council actions. Key institutional representatives included: Mr. Kistner, LTC Roxanne Baumgartner, Director, Directorate of Toxicology; Dr. Joseph Knapik, Institutional Animal Care and Use Committee or IACUC Chair; MAJ Newton Foster, Attending Veterinarian; Dr. Glenn Leach, Program Manager, Toxicity Evaluation; Dr. Laurie Roszell, Acting Program Manager, Health Effects Research; Ms. Evelyn Riley, Public Affairs Officer and Mr. Gene Sinar, Quality Systems Office.

After the in brief the site visit team conducted an evaluation of the animal care and use programs of USACHPPM based upon the program description provided by MAJ Foster. The site visit team toured all facilities that serve these important programs. The site visit team met with the members of the IACUC for a working lunch. The IACUC members were questioned about the process of protocol (animal use description) approval and program oversight.

After the luncheon, the site visit team met in private session to review the program documentation and prepare an assessment of the CHPPM animal care and use program. The team convened the key institutional members to perform an out-brief and discuss findings. The CHPPM programs received more accolades than recommendations for improvement. Dr. Haywood stated, "I believe this is the first time I have had more praise for a program than suggestions".

The program suggestions for improvement were discussed at the most recent IACUC meeting on June 12, 2001. These recommendations will be implemented to continue to maintain the quality of animal use studies at this center. Following the visit to CHPPM the recommendations of the site visitors will be forwarded to AAALAC International Council for consideration. The Council will determine CHPPM's status at the quarterly council meeting. CHPPM will receive written notice subsequent to that meeting. Site visitors stated that CHPPM would likely be awarded continued full accreditation. This is the highest level of accreditation given to an organization.

All members of the CHPPM team should be proud of the success of the animal care and use programs and strive to continue to be all we can be as an Army of One.

INFORMATION CORNER

Thrift Savings Plan – Online

The Army Benefits Center-Civilian, or ABC-C, a Web-based Thrift Savings Plan module in the Employee Benefits Information system, is now available for civilian employees wishing to start, stop or change their contributions.

Employees can make an online TSP election by accessing the ABC-C Web site at <http://www.abc.army.mil/>.

For more information, call your servicing Civilian Personnel Advisory Center personnel assistant.

Education News

Registration is open for fall classes, contact the education center at (EA) 410-278-3515 or (APG) 410-278-3385 for more information. Harford Community College is holding fall registration until September 5, if interested call 410-836-4222. For information on classes held at the Heat Center please call 410-638-2500.

Retirees News

Retirees, *The Sentinel* is going online. Copies will no longer be mailed out after this issue. If you would like to continue to receive *The Sentinel* in the mail, please contact Linda Patrick or Anne Gibson at 410-436-1023 or 1-800-222-9698. If you would like to get *The Sentinel* online, go to <http://chppm-www.apgea.army.mil/news.asp>

Savings Bond Campaign

If you would like to sign up for Savings Bonds please contact:

SGT Hemphill, Bldg E1930 at 410-436-7002

SSG Lewis, Bldg E2100 at 410-436-8306

SSG Martin, Bldg E5800 at 410-436-4080

SPC Acloque, Bldg E5158 at 410-436-5416

SFC Brown, Bldg E1570 at 410-436-7406

SGT Guerra, Bldg E1675 at 410-436-8615

For more information please contact SFC Manuela Perez at 410-436-6787.



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